# INTRODUCTORY LECTURE,



### BY JOHN WILTBANK, M.D.

PROFESSOR OF OBSTETRICS IN THE MEDICAL DEPARTMENT OF PENNSYLVANIA COLLEGE.

Session 1853-4.



#### PHILADELPHIA:

EDWARD GRATTAN, THIRD AND WALNUT STREETS. 1854.

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TO THE

### COURSE OF MIDWIFERY

IN THE

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OF

# PENNSYLVANIA COLLEGE,

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BY JOHN WILTBANK, M. D.

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#### CORRESPONDENCE.

Philadelphia, Nov. 8th, 1853.

Prof. WILTBANK:

Dear Sir,—At a meeting of the Class of the Medical Department of Pennsylvania College, (S. O. Kaempffer, President, and S. Chandler, Secretary,) the undersigned were constituted a Committee to solicit, for publication, a copy of your valuable, instructive and eloquent Introductory Address.

Hoping you will comply with our request,

We remain yours truly,

H. C. Paist, Chairman.
A. Jones,
J. H. North,
W. Varian,
S. Wagenseller,
J. Y. Shindel,
W. F. Phenicie,
G. N. Truitt.

316 Arch Street, Nov. 21st, 1853.

#### GENTLEMEN:

I have to apologize for my delay in answering your polite note of the 8th instant, soliciting a copy of my Introductory Lecture for publication. It was written without the most remote view to publication, and I have therefore had much hesitation as to the propriety of complying with your flattering request. And yet, if the members of the Class wish to have it in print, I feel that I have no right to refuse, and therefore have concluded to place it at your disposal.

Thanking the Class for their kind action, and yourselves for the polite manner in which it has been conveyed,

I am, very respectfully,

JNO. WILTBANK.

To Messrs. Paist,
Jones,
North,
Varian,
Wagenseller,
and others,

#### CORRESPONDENCE

Viriladelphia, Nov. Sth. M

Dear Sir.—At a meeting of the Class of the Medical Department of Pennsylvania College, (S. O. Kasundier, Pendulum, and S. Chandler, Scene tary,) the undersigned were constituted a Consultan tary,) the undersigned were constituted a Consultan tarioductor walleds, instruction and electional Introductor waldress.

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### INTRODUCTORY.

his talents, nor matery to grain his paste but to refucian them.

GENTLEMEN: - As we are about to assume the familiar relation of teacher and pupil, it is both natural and proper that we should devote the first moments of our intercourse to a review of our relative position and the duties it enjoins upon us. Each succeeding year, as I meet the Class of this Institution, at the commencement of the Session, I feel more and more deeply the responsibility that rests upon me, as the Teacher of Midwifery and the Diseases of Women and Children. The subject is so important and so extensive, involves so many and so great interests, demands such diversified stores of knowledge, and calls into exercise such varied intellectual, moral and physical powers, that I am absolutely forced to increased energy in the discharge of my dutv.

It will devolve upon me, as you are aware, to give you such instruction as will qualify you for taking charge of the health and lives of those who, being most exposed to suffering and danger, are oftenest in need of our services. It will be my duty to impart to you the knowledge that will enable you to help the suffering female in the hour of her greatest need; to treat all the diseases of her sex, and direct her in everything that relates to her reproductive organism. I am also to teach you to guard the infant on its entrance into life, and to protect its interests through its

early years of helplessness and danger.

This, gentlemen, is too serious a business to be entered upon by any of us without the fullest consideration. The conscientious teacher cannot but feel the importance of his office. He looks upon it as the great business of his life, and cheerfully devotes to it all the energies of his body and the faculties of his mind. He is actuated by no selfish or unworthy motive. He labours - not for gain, not for popularity, not to exhibit himself, not to display his talents, nor merely to gratify his pupils—but to educate them. He appreciates fully the influence he exercises in moulding and fashioning the characters of those under his care; he knows that impressions made upon the minds of the young are strong and lasting, and not easy to be effaced; and that the knowledge he imparts, according as it is true or false, will prove salutary or pernicious, not only to his pupils, but to those also who may hereafter be committed to their care. In all his intercourse, therefore, he is careful to instil correct principles. He is diligent in seeking knowledge, cautious in adopting it, and zealous in communicating it. Never, for one moment, does he forget, that the great object before him is, to teach. In doing this, he studies simplicity of style and diction, so that his ideas may be clear and definite, and his instructions intelligible to every member of his class.

But, gentlemen, vain will be the efforts of the teacher, unless his pupils also feel the obligations that rest upon them. Remembering that anxious parents and friends, and indeed the public at large, have a deep interest in their success, they should never lose sight of the momentous interests involved in the issue. They should recollect that they are engaged in the pursuit of knowledge, not so much to gratify their love of science, to enlarge their understandings, to refine their minds, and to elevate them in the scale of being, as for the great purpose of applying it for the benefit of their fellow-men. They must feel, then, that they, too, have a serious business before them; and that, as time past or misspent cannot be recalled, and as the opportunities now presented may never again offer, they must enter upon their studies with zeal, must prosecute them with unwearied energy, and avail themselves of all the means of improvement within their reach.

It is my province to teach you Obstetric Medicine. This department embraces the great function of reproduction in the human female, with everything that exercises an influence upon it; including, not only parturition in all its diversified forms, with its antecedent and subsequent phenomena, but those extensive classes of disease which belong exclusively to females and young children. It will lead us, also, to the study of embryology, and to the consideration of those interesting questions of medical jurisprudence which arise naturally from the subject. Our department, therefore, embraces a variety of topics, well deserving of your careful attention and diligent study.

Such being the character of the subjects which are to occupy our attention during the ensuing Session, I am exceedingly anxious that you should understand them thoroughly; and, while I promise to aid you to the extent of my ability, you must remember that I can do nothing without your co-operation. If you come with ingenuous minds to receive instruction; if you give me your close and undivided attention; if you resolve, at the very outset of the Course, to make use of every opportunity of acquiring knowledge, there can be no doubt that your reasonable expectations will be fully realized.

In order to induce you to regard this department with peculiar favour, and to devote your best energies to it, I shall endeavour, very briefly, to show you that woman is peculiarly liable to disease, and that in all her diseases she looks to the physician for relief. If I can succeed in impressing these facts indelibly upon your minds, the object of the present Lecture will be accomplished; I shall feel that I have set before you the strongest inducement to devote to this subject the attention it so richly merits.

It needs no argument to prove that those who most frequently demand our services are women and children. Observation and experience alike show it. Indeed, to them is the practice of every physician principally confined. To say nothing of the diseases of children, let us take a hasty glance at those to which woman is exposed. Destined to increase and multiply her species, and to keep up an uninterrupted succession of generations, upon her devolve conception, gestation, parturition and lactation, with all the accidents and contingencies resulting from such complicated processes. With her, therefore, the reproductive organs are pre-They exercise a controlling influence upon her entire system, and entail upon her many painful and dangerous diseases. They are the source of her peculiarities, the centre of her sympathies, and the seat of her diseases. Everything that is peculiar to her, springs from her sexual organization. Of her diseases, some are owing to the disposition and arrangement of her sexual organs; others to the manner in which these organs are supplied with blood, and many to the large supplies of nervous power which come to them from all directions.

It is by no means difficult to understand why it is that females of the lower orders of animals are exempt from most of the evils to which woman is exposed. They scarcely ever suffer from dis-

placements and diseases of the reproductive organs, and have comparatively but few difficulties in parturition. The force of gravity keeps their viscera in their proper position, whence their freedom from prolapses; and their pelves being large in proportion to the fœtus, and the axes being in a straight line, corresponding to the axis of the body, their labours are comparatively easy, expeditious and safe. How different, in all these respects, is the human female! Her erect posture subjects her to many and serious evils. The force of gravity has a constant tendency to displace her reproductive organs, and to impair her ability to procreate; and, were it not counteracted by a peculiar anatomical arrangement of them, the most disastrous results would inevitably follow. Her pelvis is small in proportion to the size of the child, thus furnishing a support to the viscera; and its axis is a curved line, not in the axis of the trunk. This arrangement prevents, to a great degree, the frequency of prolapses, and protects the germ; but it subjects the female, almost necessarily, to pain, to difficulty, and to danger, in parturition.

Without dwelling longer upon this, allow me to direct your attention to another equally prolific source of female disease. The organs of reproduction require a large amount of blood for the proper performance of their functions; and as these functions are dissimilar and complicated, and only occasionally brought into action, the supply must be proportioned to the particular task to be performed, and to the time of need. In their unimpregnated state, the organs are contained within the cavity of the pelvis, and their functions consist in the periodical development of ova and the elimination of a few ounces of a sanguineous discharge. This discharge ought to be regular in its recurrence, moderate in amount, and free from pain; and yet, it may be irregular in its returns; it may be in great excess; it may be entirely arrested; or it may be accompanied with intense pain; -giving rise, in either case, to constitutional disturbance and serious disease. During pregnancy, preparations must be made for the reception, incubation, nourishment, development and expulsion of the fœtus. The womb rapidly expands from a few cubic inches to many cubic feet; its texture is softened, its fibres separated, its blood-vessels are enlarged and multiplied, their convolutions are opened out, their coats attenuated, large quantities of blood are sent through them, and, being less firmly supported by the surrounding tissues,

they are liable to rupture, giving rise to profuse and dangerous hemorrhages. In parturition, too, a series of the most wonderful operations is effected for the delivery of the child and the restoration of the organs to their unimpregnated condition. the first stage of the labour, the womb contracts firmly around the ovum in every direction; after the waters have been discharged, it clasps the body of the child between its walls, and, as the fœtus is forced through the external parts, it adapts itself to its contents, so that when the process is completed, it is but little larger than it was before impregnation; its tissues are condensed, its vessels contracted and convoluted, their mouths closed, and the blood which, before, had circulated freely, is now denied admission into its walls. But the determination to the organ still continues, and, but for the discharge of the lochia, would inevitably occasion disease. Very soon, the lacteal secretion takes place, and the determination is diverted from the uterus to the mammary glands. Now, if either link of this chain is wanting; if the uterus does not contract so firmly as to diminish the calibre and close the mouths of the vessels; if the lochial discharge is entirely arrested or is too scanty; if the mammary glands do not take on action and divert the determination from the uterus - disease of some kind is the almost inevitable consequence. It is to such causes that we are to ascribe the functional disorders of the unimpregnated uterus, so common and so destructive to the health and comfort of the female, as well as those fearful floodings and other accidents that occasionally happen during gestation, labour, and the puerperal state, by which the fœtus is sacrificed, abortion or premature labour induced, and the lives of both mother and child involved.

Serious as are the evils to which I have alluded, they are trifling in comparison with those which result from any disturbance of the nervous supply of these viscera. The reproductive organs derive their nerves, in great numbers, from both the cerebro-spinal and sympathetic systems, and are thus brought into a close relation with every part of the body. They are, indeed, the very centre of the sympathies. Impressions made upon distant organs are instantly felt by them, and morbific causes acting upon them are transmitted with electric speed to the most remote parts of the system. The effects of these impressions are sudden, severe and extensive. An apparently trivial shock upon the nervous system

may arrest or restore the menstrual function; may interfere with conception; may interrupt the progress of gestation; may destroy the life of the fœtus; may excite or allay uterine contractions; may disturb the parturient process; may occasion uterine hemorrhage, puerperal convulsions or mania, and impair or arrest the mammary secretion. Not only so,—it may produce effects upon distant organs and structures, simulating every form of disease. Hence we occasionally see uterine disease mistaken for affections of the brain, heart, lungs, liver, kidneys, stomach and bowels, and, in all such cases, the obscurity of the diagnosis renders the treatment perplexing and inefficient.

Organs so peculiar in their anatomical arrangement, so richly endowed with vascular and nervous energy, and performing such varied, complicated and important functions, are liable, as you may naturally suppose, to numerous, diversified and distressing diseases. I need only allude to the various disorders of menstruation, the displacements and structural diseases of the unimpregnated uterus, the manifold disorders of pregnancy, the difficulties, obstructions and accidents of parturition, and the alarming and dangerous diseases of the puerperal state.

Such are the evils to which woman is exposed in the propagation of her species. Fully does she realize the curse—"In sorrow shalt thou conceive and bring forth children." But, happily, the same inspired volume which records this primeval curse, records also the gracious promise, that "she shall be saved in child-bearing." How, then, shall she be saved — and by whom? How, but by the light of Christian knowledge and by the aid of Christian benevolence? By whom?—surely by him who has been constituted her natural guardian and protector.

He who ventures to take the charge of Midwifery and the Diseases of Women, must be thoroughly furnished for the work. He has to deal with the most delicate, the most refined, and the most sensitive of beings. He must, therefore, be fully conversant with all the branches of medical science. Anatomy and Physiology being the foundation, he must, of course, be well grounded in them; but especially must he be able to appreciate the position, form, size, density, mobility and integrity of the reproductive organs in their normal state; the changes that take place during the performance of their several functions, and the modifications produced by disease. He must know what causes operate inju-

riously, and their effects as well upon the organs implicated as upon the general system. He must be able to detect the existence of disease in its early stages, when it is curable, and to discriminate its character, locality and extent; and he must be prepared to apply the remedy — whether it be medicinal, chirurgical, or mechanical — best adapted to the particular case before him.

Now all this requires, as you must readily perceive, profound, exact and extensive knowledge. In fact, there is scarcely a single department of human learning that cannot be brought into requisition. To obtain this knowledge demands the exercise of the highest faculties of our nature. The intellect which attempts it must be trained by mental abstraction, disciplined by hard study, enriched by unwearied application, and capable of strong reasoning powers. The practice of the art requires a keen perception, an educated sense of touch, an acquired skill, the utmost gentleness and delicacy of action, and a sound judgment to decide when and how this knowledge may be brought into successful exercise. It calls into requisition, too, the highest moral powers — sincere respect for the suffering female, a heart to feel for her distress, an earnest desire to relieve her, and a courage undismayed by the difficulties and dangers to which she is occasionally exposed.

Do you ask, - Who is sufficient for these things? It has been supposed by some, unacquainted, of course, with the subject, that females are fully competent to take the charge of midwifery and the diseases of their own sex; and that this department of medicine ought, in propriety, to be intrusted to them. Such persons argue that, as parturition is a natural process, performed, in the great majority of cases, by the powers of nature, but little assistance is required, and this, they think, can be readily rendered by the nurse; and as the diagnosis and treatment of the diseases of females involves, necessarily, some exposure of their persons, by which their modesty is endangered, that this department, also, should be confided to the sex. The argument, however, is more specious than valid. It is based upon wrong premises, and is, therefore, altogether fallacious. It cannot be denied that frequent and unnecessary examinations do have an evil tendency; but serious as these evils undoubtedly are, everything depends upon the manner in which they are conducted. Performed with a strict regard to the rules of decorum, with a delicate respect to the feelings of the female, and no oftener than is necessary to make the diagnosis and to direct the treatment, the injury is much lessened, if not altogether prevented. The conscientious physician will guard the character of his confiding patient with scrupulous fidelity, and will take good heed that no act of his shall sully, in the least, those beautiful graces for which she is so highly and so justly esteemed.

But, gentlemen, the least consideration will show you that women are not competent to the duties that such persons would impose upon them. They are not fitted for them by nature, nor can they acquire the necessary qualifications by education.

I have shown you, I think, that the study and practice of midwifery demand the highest faculties of our nature—intellectual,
moral and physical. You have seen that they require a vigorous
intellect, a disciplined mind, and a matured judgment. Now, allow
me to ask, are these the mental qualities that characterize woman?
Is she gifted with intellectual strength? Has she that power of
concentration of thought and mental abstraction which are necessary in the pursuit of science? Does she excel, for example, in
astronomy, in mathematics, in chemistry, or in any of the abstract
sciences? No, gentlemen, her mind is not for science; it is too
versatile—it cannot be fixed for a sufficient length of time upon
one subject, but delights in a constant succession of topics. With
her, as you well know, imagination takes the place of reason, and
judgment comes from instinct.

She is deficient, too, in those peculiar moral faculties that are called into exercise in the practice of our art. Self-control, firmness of purpose, and moral courage, are the great requisites of the obstetrician. The characteristic traits of woman are of an entirely different order. The inimitable Shakspeare, always truthful in his delineation of character, describes her with graphic force, as "soft, mild, pitiful and flexible." With such dispositions, she is totally unsuited to the practice of our art. Her gushing sympathies would not allow her to look unmoved upon suffering, but would ever tempt her to officious interference. Even in natural labours she could scarcely be content to allow nature to take its course, and in cases of difficulty and danger she would want the moral courage to meet the emergency. With her tender feelings, it would be impossible for her to subject the parturient female to the pain of turning the child, or of applying the forceps. The use of cutting instruments would be utterly out of the question; and the idea of mutilating the child, even though it were necessary for the preservation of the mother, could not be entertained for a single moment. Gentle, tender and timid, she feels, and in all such cases freely

acknowledges, her dependence upon the other sex.

Nor has she the physical powers that may be required in the practice of the art. The exertion of strength is not often called for, it is true; but it is, in some cases, necessary, and then her deficiency would be manifest. We may, then, I think, justly conclude that woman is unfitted by nature for the practice of midwifery, or for any occupation which requires physical power, intellectual strength, or moral force.

But, it may be said, although nature has denied to woman the necessary qualifications for the study and practice of midwifery, these qualifications may be acquired by education. Now, gentlemen, it is a settled axiom, that education will improve the powers we possess, but it cannot supply new ones; it may educe, or bring to light, dormant faculties, but we all know that it cannot originate or impart a single faculty, either mental, moral or physical. No form or amount of education can give to woman those traits of character which belong naturally to the other sex. Even in those countries where the ruder and coarser employments of life have been allotted her, she still retains her own distinctive characteristics. These characteristics may be perverted by a bad education; they may be obscured by harsh and evil destinies; they may be overpowered by the development of some particular mental power, or the preponderance of some passion, but they are never wholly obliterated without destroying every quality in her that we admire and cherish. For, with Longfellow,

"I believe

That woman in her deepest degradation Holds something sacred, something undefiled, Some pledge and keepsake of her higher nature, And, like the diamond in the dark, retains Some quenchless gleam of the celestial light."

"If you look at the position which woman holds in creation, and the ends which she has to fulfil to complete the designs of the Creator, you will see at once that love necessarily constitutes the moving-spring of a large portion of her actions, and assimilates itself with almost every motive. Upon her devolves the great duty of perpetuating the human race; and, in fulfilment of this duty, her feelings oscillate between man and the offspring she

bears. 'Her desire is to her husband;' but, in common with every female animal, her feelings are concentrated upon her tender offspring; and thus it happens that, during the whole period in which the reproductive functions are in activity, love of one kind or the other is the ruling passion, and so her whole nature is imbued with love." This is clearly seen in all the relations and in all the circumstances of her life. It is the cause of those peculiarities which were implanted by the Creator, and which are precisely such as are best suited to her position and her duties as the wife and the mother. She is the helpmeet for man — his assistant, his companion, his solace—the wife of his bosom. She is the procreatrix, the nurse, the guide, the teacher, the mother of his children. She is the partner of his joys, the sharer of his troubles, the mistress of his home. Here then is her province, here her empire. It is here that her peculiarities of intellect and of disposition are seen and felt in all their beauty and in all their power. It is here that her influence exhibits its most potent and benign effects. How powerful, how salutary, how gentle, yet how irresistible, is the influence of the wife over her husband! It steals in upon his heart, seizes hold of its springs of action, softening his nature, subduing his passions, warming his affections, and imperceptibly winning him to virtue. Thus does she, in some manner, supply his defects, making him a more perfect man than he otherwise would be. It is her province, too, to guide the first shoots of genius, to control the passions of youth, and to imbue the tender and susceptible minds of her children with the principles of virtue and religion. It has been well said, that

"The mother, in her office, holds the key
Of the soul: and she it is who stamps the coin
Of character, and makes the being who would be a savage,
But for her gentle cares, a Christian man."

Her influence is the sheet-anchor of society. From the domestic circle it is diffused in every direction, and is felt in all the movements of the age, whether civil, political, or religious. But her chief delight is in the quiet retirement of home. There she finds full scope for the use of all her talents. Under her auspices, it is made the centre of all that is sweet in the sympathies and dear in the affections of the soul. Her love ever stimulates her to deeds of charity and mercy. In all the varied scenes of life, in sickness and in health, in sorrow and in joy, in adversity and in

prosperity, she is sent, as the ministering angel, to soothe, to comfort, to tend, and to bless. "Her whole life," as Washington Irving justly remarks, "is a history of the affections. The heart is her world; it is there her ambition strives for empire; it is there her avarice seeks for hidden treasures."

Such, then, is woman's mission. Surely it is sufficiently honourable? Who, that values her as he ought, would wish to see her strip herself of her chief glory, by stepping out from her own appropriate path and striving to walk in that of the other sex, under the impression that it is a better one. Even if it were so, it is not hers; and she should take good heed lest, by resisting the order of nature and casting off the proper relations of her being, she may place herself in a false position, mar those beautiful traits of character for which her sex is distinguished, and thus bring upon herself universal condemnation.

From these considerations, I think it must be clear to every ingenuous mind, that woman is unfitted to assume the charge of midwifery and the diseases of her sex. If further proof were needed, I might refer to history. From the writings of Hippocrates, we learn the condition of the art in his day; and we know that during the whole period of at least twenty centuries, in which the practice was in the hands of females, no advance whatever was made. Whereas, no sooner was the art intrusted to the physician than it began to improve; and from that time the improvements have followed each other in such rapid succession that, although the last to attract the attention of the profession, midwifery has already risen to the rank of a science, equal in all respects to the other departments of medicine.

Need I say more, gentlemen, to induce you to cultivate this subject? Then let me tell you that woman expects it of you. She has full confidence in the skill of the physician, and relies with entire trust upon his honour. She has no confidence in her own sex, for she feels its inability to render to her the assistance she requires. This very dependence gives her a claim to our services which cannot be resisted. The age of chivalry, it is true, is past; but its spirit—enlightened, sanctified and elevated—is still in active operation. Woman still glories in her dependence upon man; still regards him as her protector, and leans upon him with implicit trust and confidence. And, on the other hand, "'Tis

man's pride — his highest, worthiest, noblest boast — the privilege he prizes most — to stand by helpless woman's side."

Here, then, is the work that will occupy us during the ensuing Session. It is a work worthy of your highest ambition and best energies—a work that will richly repay the most patient and indefatigable labour you can bestow upon it. Come, then, to this great work with a fervent love for it, and an earnest desire to accomplish it. Be not discouraged at the difficulties that seem to lie in the way. They will disappear, be assured, as you approach them. Recollect that nothing truly valuable is ever attained but as the reward of labour. Enter then upon the work before you with active energy, with watchful attention, and with patient industry, and your labour will not be in vain. You will lay a solid foundation on which to erect a structure of enduring usefulness. You will do a service, not confined to your own day and generation, but one which will extend to the future, and involve the interests of children yet unborn.

Allow me, in conclusion, to quote the glowing words of Sydney Smith, upon the value of knowledge, with the hope that they may stimulate you to an earnest prosecution of it.

"I solemnly declare," says he, "that, but for the love of knowledge, I should consider the life of the meanest hedger and ditcher as preferable to that of the greatest and richest of men; for the fire of our minds is like the fire which the Persians burn in the mountains—it flames night and day, and is immortal, and not to be quenched! Upon something it must act and feed; - upon the pure spirit of knowledge, or upon the foul dregs of polluting Therefore, when I say, love knowledge with a great love, with a vehement love, with a love coeval with life, what do I say, but, love innocence,—love virtue,—love purity of conduct, -love that which, if you are rich and great, will sanctify the blind fortune which made you so, and make men call it justice,love that which, if you are poor, will render your poverty respectable, and make the proudest feel it unjust to laugh at the meanness of your fortunes,-love that which will comfort you, adorn you, and never quit you,—that which will open to you the kingdom of thought, and all the boundless regions of conception, as an asylum against the cruelty, the injustice, and the pain that may be your lot in the outer world,—that which will make your motives habitually great and honourable, and light up in an instant a thousand noble disdains at the very thought of meanness and of fraud! Therefore, if any young man here have embarked his life in the pursuit of knowledge, let him go on without doubting or fearing the event;—let him not be intimidated by the cheerless beginnings of knowledge, by the darkness from which she springs, by the difficulties which hover around her, by the wretched habitations in which she dwells, by the want and sorrow which sometimes journey in her train; but let him ever follow her as the Angel that guards him, and as the Genius of his life. She will bring him out at last into the light of day, and exhibit him to the world, comprehensive in acquirements, fertile in resources, rich in imagination, strong in reasoning, prudent and powerful above his fellows, in all the relations and in all the offices of life."

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